THE PRACTICAL HOUSEKEEPER'S PAG



Is the accepted time and heyday of pretty women in pretty clothes, in fluffy fracks and fineries, none looking so lovely as those whose spiritual outfits are a match for their frills in lace or linen. No women are more shubbilly dressed than those who are mirrors of French fashions on the outside and on the buside reveal tattered Cinderellas and Flora McFilmseys with absolutely "nothing to wear."

It is lovely to have all one wants of dancing and dinner frocks, and chic outing suits, and lovely lacey negligees, and fancy slippers and silken hose, and etherially deliciously delicate lingerie, but it is incomparably lovelier to clothe one's spirit in fair and fit attire. It is incomparably lovelier to have all that the spirit needs for looking its best on every occasion, to have rosy pink hopes in the morning and soft, sweet reflections at night; to have garments of light for hours of gloom, good cheer and warmth for social evenings, fortitude and zeal for work days, and always a good thinking cap.

To know that this season's silk shirt waist suit is a perfect fit brings joy to the soul, but less joy than to know one's soul is fitted to its environment and circumstances, so that one can feel "in whatsoever state I am therewith to be content."

is fitted to its environment and circumstances, so that one can feel "in whatso-over state I am therewith to be content." The bliss of turning from wornout frocks as they go out of fashion to the latest charming confections of one's favorite modiste does not half compare with the cestusy of finding one's spiritual wardrobe renewed as it needs with fresh joy, fresh tranquillity, each of a fiber more transparently fine and rare and wrought with more alluring grace than the last.

The bright particular delight of choosing The bright particular delight of choosing stuffs and tints that harmonize with eyes and hair and complexion is not a fraction of the pleasure of matching the attributes of the soul with the blue of truth, the plak of love the white of pureness and of inshioning the fine warp and woof of its dress material with beautiful desires and generous emotions. Every fine feeling, every fine thought, every wise and every peaceful emotion lends its beauty to the texture of our spiritual dresses.

As we think and do so are we spiritually clothed.

A BOY-

Minds smile at ideals as visionary, because they have not the Insight to perceive the processes by which an actual life becomes an ideal one. The boy who areams may be the artist embryo, waiting only someone to point out the opening of the way. The girl who glows with zeal may be destined to be the great philantiropist of the age, and she may be ready to take the initial step as son nos it is shown her.

shown her.

These are waiting for the genius who shall not only know but be able to show the dreamer that the first step toward the ideal lies in the actual, and is always close at hand. When the ideal comes it means that it can be realized, for, as Stonewall Jackson said, "You may be whatever you resolve to be."

Jackson said. "You may be whatever you resolve to be."
Instead of being scoffed at or denied, ideals should be cherished as our most crecious possessions, as our brightest conceptions of trust, and our best aids to nobility of living. Particularly are they the safeguards of the young. But so long as they are able to see where they have falled below their standard they may make a yet more earnest effort to rise toward the ideal they hope to be. The young man who appreciates the grandeur of a strong life may, if he will, achieve such a life. The young woman who longs for a great womanhood can create her great womanhood can create her great womanomanhood can create her great woman-

The ideals are nature's patterns which gives to those who work out her finest plans.
Ideals are not for the strong, not the weak; they are not vain, nor foolish, nor

Cannot change his school clothes every time he wishes to indulge in a game of leap frog, so a suft which shall be at the same time decorous enough for the schoolroom and stout enough for the playground is a desideratum for the lad of from 6 to 16.

This suft should be made of strong good

This suit should be made of strong, good

Old friendships be destroyed by toasted cheese?" Sidney Smith said they could. You may hustle your business or your pleasure, but you cannot hustle your digestion without incurring its revenge. Digestion is not a simple process. It is a complicated one, accomplished by a number of mysterious happenings in the inner regions, by kneading and churning, by the manufacture of ferments, and the journey out of juices, which all result in the conversion of one's daily bread, butter, meat, vegetables, and other concomitants into flesh, bloed, bone, and sinew. When food of any kind is put into the stomach insufficiently masticated the result is to overstrain the glands of the stomach. This overstrain is caused by the glands having to overexert themselves in executing and pouring out fermentive juices for the solving of the large larges and the storage.

omps.

If these lumps were reduced by proper

If these lumps were reduced by proper mastication to a pulpy condition before being swallowed they could easily be acted on by the gastric juice without unnecessary effort to the stomach. It is no saving of time to hurry and hustle over meals as if they were things to be got over with in the shortest time possible An attack of indigestion will take a great health that means beauty.

INTHE

deal more time than many meals leisurely enjoyed.

One woman in a hundred drinks enough water to keep her system in a healthy condition. A sluggish circulation and torpidity of the liver will bring the disfiguring blemishes. Dark, shadowy, puffy places under the eye make one look haggard, tired, and weary of life. Massage and electric treatment are good, but the main part of the work of beautifying must be accomplished by oneself.

Any slight kidney disorder brings the puffy look, and for this disorder drinking plenty of water is one of the finest remedies known. Sip the water slowly and do not have it too cold. Three pints a day is not a drop too much. A good way is to sip a big tumblerful half an hour before each meal, to take another big tumblerful about two hours after each meal, another just before retiring, and another immediately after rising.

Exercise daily, nutriclous food, deep breathing, a suick hard both with each

Exercise daily, nutricious food, deep breathing, a quick hand bath with tepfd sait water every day, or a cold bath every day, sleep enough thoroughly to rest you, a thoroughly ventilated bed chamber—all these are necessary to the battle that means beauty.

our ideals and defend them from the laughter of the fool and dillard. Let us goard them in our own hearts and develop them in the hearts of our children. The lives they have shaped are the lives of which the world is proud. They were idealists who have made their names immortal. mortal.

THE LIVES-

Of most women of moderate means and good-sized families are filled with a round of petty duties. No hard work or great trial is so nerve destroying and so dulling as the constant repetition day after day, of ten many times a day, of these wearisome trifles. It takes a strong mind not to sink under the routine. It takes not only a mind self-cultured, but with some other and fresher interest besides and beyond the tiresome routine not to get stasnated by the process.

Compelled to sacrifice much time to their domestic duties and babies, they are condomned to the society of servants and children for the greater part of this period of their lives. And, although they love their children and are analous to do their whole duty to their servants, they yet often need and suffer the stimulus of other minds or the inspiration of some change.

The desire is right. The danger is when

The desire is right. The danger is when

The desire is right. The danger is when the desire ceases because it has so long been denied. The woman is fossilized who becomes content to fill her days with a round of domesticity and actiher seeks nor wishes any distraction.

Some trifling occupation or amusement which has no connection with their domestic work is the best hope for such women. It may be a daily walk, with some interest in rocks or plants, to give it zest. It may be some artistle occupation pursued persistently at home. Any way, the interest myst be maintained and the business must be persevered in despite discouragement or hindrance.

The good results are sure, and the woman who can thus preserve a part of her life in quiet serenity finds herself lavishly rewarded for the effort. It is a window left open, a door set ajar into a broader and higher life.

THE PRESENCE-

Of one who is a victim to moods seems

Of one who is a victim to moods seems a calamity in a home. The children feel like culprits; their perfectly innocent mirth is repressed; they speak under treath. Conversation languishes and laughter is extingished.

Around the moody person, whether father mother or slater there seems to hang a thin but evident veil of gloom, which no sallies of wit or rost, persuasions of affection can penetrate. One by one-the family arek to escape from the influence so distressing. Moodiness carried to its last extreme is

and good spirits accord aggery of good health.

Sometimes the moody person is burdened financially. The remedy here is to get rid of the needless load. Live as common sense and honesty dictate within the wise limits of the daily carnings. If the balance is on the right side, the result, according to Micawber, is bliss.

Moodiness has often neither the spology of agood reason to offer nor the excuse of a bad reason to offer it is merely a synonym of selfishness deserving the concennation of conscience. To be driven by one's moods is fair neither to one's self nor to others.



of household reading.

Every fine engraving helps to form the child's love of art. Music and musical instruments assist in producing that gentleness and sweetness which go far to oil the machinery of living. The coming to a home of welcome guests is another influence that moids and refines. Children who are accustomed to the presence of visitors and who assist in their enter-tainment always have a more phasing manner are more at their ease, and consequently more graceful and tactful than those was have not this advantage.

Among the best influences which can be

A REAUTIFUL ENVIRONMENT-

brought to bear upon children while they are growing up must be counted travel. We are all broadened by seeing how other people live and do. Even if one cannot go far, yet to go somewhere is a good thing in the education of children. If the father goes away for a business trip of a few days, let him take his twelve-year-old boy and combine a pleasure trip for the boy with his own more serious journey. The boy will be profited and will receive an influence that he would have missed by staying at home.

Nature in her various aspects and



IN FOLDING-

Tablecloths for ironing make no more folds than necessary and iet all necessary ones be straight and smooth. Iron the cloth lengthwise, move the iron lightly in the beginning, and iron first on the wrong side. Fold the selvedges evenly together, iron on both the right sides, and increase the pressure as the linen dries. Open the cloth with the wrong side uppermost. Fold the selvedges over so they almost touch the middle fold, and iron again. Fold once more, bringing the two new edges together, and from both sides of the cloth. Iron until perfectly dry.

When spread upon the table there should be three lengthwise folds with the sharp side of the fold uppermost. Make as few crosswise folds as possible, the number depending upon the size of the drawers in which the tablecloths are kept. It is a matter or great convenience to have the drawers for table linen of good size, then tablecloths will need few crosswise folds, and tray cloths, centerpieces, etc. need not be folded at all.

In treating napkins pull the edges etraight, iron first on the wrong side. Fold the selvedges together and fron this side, fold again lengthwise with all edges even, and from again. To make the first crosswise fold draw the upper edge bard one-half inche from the end, fron this new surface. Fold once more crosswise and fron on both sides. When folded finally the napkin is soquare.

To fold a small napkin to correspond with the dinner size fold one selvedge two-thirds over toward the other selvedge. Iron again and fold the other selvedge. Iron again and fold the other selvedge forward until the edges are even. Fold the right hand edge over to the left a little less than two-thirds of the way, from and fold again so the edges are even. The handkin is now square.

The laundry needs a board covered with several theknesses of flannel on which to iron embroideries.

If tableclothe or napkins are marked with embroidered letters from that portion first, and on the wrong side, and do not iron the embroidery at all on the right side. Tablecloths for ironing make no more

Lettuce salad assumes a different aspect when served in ruddy tomato cup or shinking green pepper cases, and a rosyring of tomato jelly may inclose a pinin celery or endive salad. Salads can be decorated with chopped green herbs, hard holled eggs, rudishes, cut to represent lit-

decorated with chopped green herbs, hard bedded eggs, radishes, cut to represent little tulins, olives, and nasturtham leaves and blossoms.

Asple jelly is a valuable aid in garnishing salads, cold mears game pies, and so on. It is refreshing to the eye always, and may be made to assume any form or color. Cabes of pale aspic laid in rings of green peopers have an exceedingly pretty effect, or the aspic is chopped to present a rough surface.

Potatoes can be most decorative. Mashed potatoes are pressed in the form of tiny pyramids with flat tops. These are disped in the white of an egg, then in fine minced parsley, giving the effect of small, green pyramids through which the white of the potato gleams Comptingly. These may be used with small pryamids out from stale bread and fried a delicate brown in hot butter. They are arranged about a dish alternately with stars or cubes of lemon between.

Silices of bread cut in fancy shapes, rings, stars, diamonds, and so on, browned in butter, make a simple and pretty decoration. They can be tipped with parsley of decorated alternately with chopped parsley and grated egg yolk.

Curries, ragbuts, or fricassees are more orramental if served in a border of rice a few weeks, and it is often difficult to match the buttons. Hene and guttaper-cha buttons are good enough for any common suit. Braid binding, even when it is alpaca is to be avoided. It wears off early in conspicuous places and must be often tenewed.

Most mothers find the ready-made sult, if purchased from reliable dealers, the most economical. Among most of these, even the best, a prevailing failing is a narrowness of the coat across the chest. The result of this is to make the boy stoop and injure his breathing power, it would be better to have the coat a triffe broad than too narrow. Indeed, in buying coats for growing boys, allowance must be made for much filling out and stretching up during a period of three

This suit should be made of strong, good cloth. Cheap, shoddy material is like tow in the fire before the onslaught of the leo. For all but the warmest weather a good cheviot is comfortable, and resists his rayages as well as anything.

Seams should be heatly and strongly finished at the ends and strong linen thread used in their manufacture. Buttons especially must receive plenty of thread, and those which have to bear a strain should be sewed on over a pin or a match, which should be removed when the sewing is done. The thread should hen be wound around the strands believed in the underside. A strong double lining or stay for the hutton should be provided, or clse at the first provocation the boy will demolish the cloth itself, and nothing will be left upon which a new batton may be established.

On all ready made suits the buttons should be carefully resewed before the boy is allowed to don the garments. Cloth covering wears shabby in

Daily and rubbed up with a pad of tissue paper, mirrors keep in beautiful condition. To cleanse them if neglected, dip a cloth in methylated spirits and then in precipitated whiting, and rub this well over the glass being careful, however, not to touch the frame with it or to let it get under the frame, as this is not easy to remove. When dry rub up well with a chamols leather or a pad of clean old soft newspaper.

rewspaper.

Fly marks may be removed by dusting them with powdered blue, and then rubbing them up with an old silk handkerchief. The frames should be carefully dusted and wiped over with onlon water, as this keeps off the fles.

For gilt frames which are not quite of the best quality a good thing is a coating

For gilt traines which are not quite of the best quality a good thing is a coating of clear parchment size over the gliding, as this prevents the darkening and dis-coloring of the gold, and also allows of the frames being lightly wiped over occa-sionally with a clean moist sponge, this being allowed to dry of itself.

A veranda its most cosy and inviting look there must be a floor rue of

A veranda its most cosy and inviting look there must be a floor rug of some sort, if only a breadth of rag carpet or matting. The latter or a fiber rug is preferable to a woolen rug, although there are few rains when the woolen will become wet if rolled back against the house. The suitable has been termed the beautiful, and no piazza furnishings are suitable that must endure wind and weather and an occasional scrubbing or visit to the laundry. A box seat in one corner is as con-

IF DUSTED-

mashed potatoes to hold creamed chicken, fish, or oysters. The potato is forced in a rotary motion through a pastry bog, brushed over with egg white, and placed in a cool oven to dry. Handles are emulated by sprigs of parsley arched to meet above, and green rims are given with chopped parsley.

A fillet of beef or a veal roast is effectively garnished with artichoke hearte, orimining with new peas, each choke placed in a nest of green. Delicately grilled they are even more inviting surrounded with asparagus tips or little bearts of blanched lettuce.

Crispy fried potatoes make a fitting garnish to a brolled steak, the whole inclosed

nish to a brolled steak, the whole inclosed in a wreath of parsley, upon which are dotted at intervals small cubes cut from raw tomstoes. Green peppers cut in even rings are also an effective garnish for broiled steaks, chops, or birds. If the birds are served whole let them rest on a hed of shredded green peppers or cress.

NASTURTIUM LUNCHEON-

Is served round a table laid with a thirty-three-inch centerpiece embroidered in benches of nasturitums with a border in rococo design. Matching the centerpiece are the twelve-inch plate doyle, the eight-inch bread and butter plate doyles the eight-inch bread and butter plate doyles placed close at the left of the large plate, and, a little-higher, at right of plate and above the knives, the water glass doyle, four inches in diameter. The napkins, more properly termed serviettes, have a narrow hematiched hem with bunches of nasturtiums embroidered in one corner, while in the opposite corner is the monogram in white embroidery of the hostess. The place cards are in the form and color of the law of the law of plate, directly in front of each guest. At right of plate lie the knives and soup spoon; at the left the forks. At the top of place, directly in front of each guest. At right of plate lie the knives and soup spoon; at the left the forks. At the top of place directly in front of each guest. At right of plate lie the knives and soup spoon; at the left the forks. At the top of place, directly in front of each guest. At right of plate lie the knives and soup spoon; at the left the forks. At the top of place, directly in front of each guest. At right of plate lie the knives and soup spoon; at the left the forks. At the top of place, directly in front of each guest. I the directly place of a plate lie the knives and soup spoon; at the left the forks. At the top of place, directly in front of each guest. I the directly in the knives and soup spoon; at the left the forks. At the top of place and the dessert.

I pon each corner of the table are three vases of cut glass holding bunches of loosely placed nasturitims with buds seeds, and leaves, while they are again arranged in single vases on the four sides of a large fruit epergine, which is placed in the center of the embroidered centerplace. This is filled with red and yellow fruits lying in a bed of leaves and edged with brilliant blossoms.

The sweets, four in num Is served round a table laid with a thir-

permints.
On the bread and butter plates are placed three prettily cut bread sandwiches filled with nasturtium salad. To the caviare of the first course have been added nasturtium seeds, the anchovies are surrounded by nusturtium leaves, and the stuffed olives and liverwort lie wreathed

stuffed olives and liverwort lie wreathed in blossoms.

The "little necks" of the next course are arranged with their shells lying in a bed of flowers, and on the silce of lemon are powdered the leaves that have been dried in the owen then crushed and sifted. Molded salmon comes in a bed of aspic Jelly, with here and there a nasturtium blossom and bunch of seeds, edged with the dark leaves, dotted with tomatoes and with a tartare sauce dressing. With this are served thin silces of cool occumber and onlons, sprinkled with capers and nasturtium buds. I'ate de foie grus follows, in cups of yellow, decorated with bunches of nas-

Pate de foie gras follows in caps of yellow, decorated with bunches of nasturtium buds and seeds lying on top of each. Chops and peas are served on yellow lace paper, and in the yellow frills that cover the ends of the chops are small bunches of flowers, and dotted over the trays are the blossoms salpped closely.

the trays are closely.

A yellow dessert of the jelly order, surrounded with creamy delicates in lighter shades, cheese, bonbons, etc., at the close lend their contribution to the luncheon in honor of the beautiful nasturtium flower.

may be hung against the house.

There can scarcely be too many cushious of the right sort the right sort meaning that they are both washable and strong. In domestic weaves only indigo blue, madder red and fron rust color can be depended upon, although green, old gold and other daintier hues often prove fadeless. Curled hair is a cooler filling than feathers, and on sultry days the air cushion is best of all. The Japanese floor pads, woven of rushes, are an inexpensive comfort, and proof against rain and sunshine.

shine.

A few blossoming plants lend the final beauty to plazza furnishings. Long, narrow boxes, fike window boxes, fastened outside the top of the balustrade or in line with the outer edge of the floor, are perfect for growling plants and vines. Luxuriant growling plants and vines. Luxuriant growling vines are the handsomest possible screen, and next best are the Japanese bamboo shades, which admit more or less air and are not in the least injured by rain.



How "being nice" works with the salesman who tirelessly overhands all his stocks of summer silks just to show us how not one of them quite matches our sample and goes over cents and half cents as industriously as if he were to do the buying and thinks perhaps we can get it out of fourteen vards instead of sixteen, and then at last, when none of his stock quite fits the piece, as he knew it would not before he began overhauling, he simply good humoredly suggests where to go for the match. We do not get what we want from that salesman today, but we go back to him tomorrow and forever. The men and women who are nice to us are those whose society we naturally seek for our companions in pleasure and in all our daily rounds.

Vice versa, the people to whom we are nice are the people who come to us, business people, for business, social acquaintness for society. Being nice is furthermore a good weapon for war time. Redubtable foes yield gracefully to a nice way whereas they let loose their dogs of war on any who approach with fisticuffs and clubs. Vice versa, the people to whom we are

and clubs.

It is not necessary to raise one's tolce just because one is talking to the gas man. It is not necessary to come to words in straightening out a bill that has gone awry. Modistes' mistakes can be settled just as adrolly without as with shows of temper, with large odds favoring the temperless transaction. Topsy

Alphonse and Gaston officiating.

One can look at the droll side of the situation. One can sift out its lighter features. One can stand aloof and not be caught up in the whirlpool of temper or wordiness. One can forget little injuries, refuse to see slights, repress certain sturdy personal opinions, annihilate suspicions, throttle every impulse for retaliating, bury all temptations "to give a piece of my mind," he fair spoken, affable, good humored and specklessly incorrigibly polite in the most fastidious situation.

Necessary to wait for next Christmas to give presents, and we need not investigate our pockets for change to buy them with, either. When we open a door for a beparceled little boy or direct a stranger to the right number, or chat with some sociable old person in the car we are giving each a tiny, welcome gift. And when we give voice to the pleasant things we are thinking about, our girl friends becoming bat, or our man friend's success in business, or when we speak well of people to others or wish them luck in their undertakings, or god speed in their journeys, we are making pretty presents that all like to receive. Indeed, just a sunny greeting wrapped up in a laugh or a handshake often pleases people as much as the biggest bundles Santa Claus ever tucked into their stockings.



WHAT SHE IS BUYING-

Among the novelties seen in the shops a combined heater and cooler is a handy device for keeping milk fresh. A compartment for ice or hot water takes scarcely any room, the whole being fitted into a wicker case about a foot square. A handle renders the whole affair easy of transportation for visits to the countryside or at picnics. Among the novelties seen in the shops

papier mache are always useful when go-ing into the country.

for 25 cents, and one can easily cover them either by sewing over or pluning

with small safety pins. Nursery baskets, the back of which when open makes a rest for the little one's spine, cannot be too highly recom-mended for convenience for children.

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Pubber bathtubs and also those made of apier mache are always useful when going into the country.

Lincovered ironing boards are to be had or 25 cents, and one can easily cover hem either by sewing over or planing rith small safety pins.

Nursery baskets, the back of which rhen open makes a rest for the little ne's spine, cannot be too highly recomneded for convenience for children.

Collar and cuff sets are getting deeper darking the bolero, involved points. They are made resembling the bolero, likeling the under gore, and also button and the back. Col bolero is the name of the name of the new sixie.

By using liste thread gloves one can always have clean gloves to wear. When you're been out and your gloves are soiled wash the gloves while you have them on and hang them up to dry. They'll be spick and span for the next wearing.

A flexible curtain rod of nicket-plated coil spring similar to those used as hangers on bird cages is a novelty which catches the eye of the shopping house-keeper. Its adaptability to any window makes possible the threading of all curtains at once, and it can also be used in many places where the fixed pole is unavailable. Pillow shams, screens for sinks and numerous uses will readily suggest themselves.

Big buttons are seen on most carefully dressed youngsters' gloves.



SWEDISH SALADS-

The Swedes are excellent cooks, and no The Swedes are excellent cooks, and no servant can command good wages as a cook unless she or he can show a diploma from some prominent hotel, where cooking is generally taught. The skill of Swedish cooks in arranging tempting salads of all sorts is unsurpassed. Among salads herring is a favorite.

HERRING SALAD—Soak two good salt

Dutch herrings in water twenty-four hours: remove the bones and cut in small butch berrings in water twenty-four hours; remove the bones and cut in small dice; chop fine an equal amount of cooked meat of any sort and half the amount of boiled potatoes, applies, and beets. Minco one tablespoon capers and four hard bolled eggs, yolks and whites separately. Set apart a little of each kind for the trimming of the salad, and mix all the trest carefully, so as not to mash it, with three tablespoons sweet cream two of sweet oil, two or vinegar, and pepper, sugar, and French mustard to taste. Cut a few boiled potatoes and beets in thin slices and make figures with a vegetable cutter. Bub a form with sweet oil and cover the bottom and sides tastefully with these figures. Four in the salad carefully and press it down. Now turn the form upside down on a platter and let it rest awhile, until the salad is settled. Then garnish with the white, red, and yellow of the eggs, potatoes, apples, beets and better. of the eggs, potatoes, apples, beets and herrings. Make a gravy of cream, oil, vinegar, sugar, pepper, and mustard to taste. Salt salmon may be substituted for the herring.

for the herring.

WHITE FISH SALAD—Boll sufficient white fish for your salad. When ready take out of the water. Boll gently in the same water half package gelatibe and whites of three eggs. Strain and set aside to cool. Remove the bones from the fish and pick it to small pieces; place in a layer on a platter with some sharp gravy poured over it. Next a layer of beets, pickled cucumbers, and hard boiled eggs, all cut in thin slices, then fish with gravy, and so on. Continue until all the fish is used, the last layer being gravy. Garnish with capers, pieces of the fish jelly, and pickled beets.

AN ENGLISH SUNDAY DINNER-

Consomme of asparagus.
Forequarter of lamb, Maitre d'hotel ew potatoes.

Florentine ice.
Nuts. Cheese. Coffee. New potatoes

CONSOMMZ.—Take from twenty to thirty asparagos of the long, slender green kind and with a sharp knife cut them into inch lengths. Boil these in a fireproof china or enameled pan, with just enough consomme to cover them, and cook gently. Have ready some good, light colored consomme, strained and cleared, slip the asparagus into this, let it us; slip the asparagus into this, let it just come to the boil and serve. It adds great-ly to the flavor if the tough ends of the asparagus are boiled with the stock for consomme before the latter is strained SHOULDER OF LAMB.-Choose a file

venient and comfortable as it is inviting. Have the cushion loose and utilize the box for this and other cushions and pillows during the night and rainy weather. Rattan or wicker chairs with loose cushions for seat and back are both light and easy, and whether these or wooden chairs are used they should be given a coat of waterproof varnish or enamel paint. If the latter, choose some inconspicuous color rather than bright red. A capacious rocker or an arm chair with pocket for holding reading matter is a treasure. A woven hammock is not only more comfortable, but more durable than the netted sort. A generously large receptacle for magazines and newspapers may be hung against the house.

There can scarcely be too many and cleared.

SHOULDER OF LAMB.—Choose a nice forequarter of lamb, and lard it with this slices of French larding bacon, wrap it in buttered paper, and roast or bake it, as you please, keeping it well basted over the paper. Remove the latter a little before the joint is ready, to allow it to colour. As you are dishing the joint raise the shoulder gently from breast and slip in a good pat of maitre d'hotel butter; replace it in position, and serve with its own gravy round it, and a boat of mint sauce for those who like this condiment. Some people prefer a good squeeze of lemon juice and a tiny dust of coraline peoper, so the lemon and pepper caster should be handed with the lamb. Mint chutney is also much liked with roast lamb, and ismade thus. Pick some good mint, and take two full tablespoonfuls of this, blanch it for six or seven minutes, after which dry well in a clean cloth, pound it thoroughly, and mix it with a teaspoonful of finely minced onlon or chives, the same of minced green chillies, and enough good vinegar to sharpen it.

ounce or two of fresh butter, to which you have added some finely minced para-ley, a squeeze of lemon juice, with a lit-tle salt and white pepper to taste, till the potatoes are nicely glazed, and use.

ASPARAGUS—Boil the asparagus as assual, drain well, and serve on a hot dish with beurre fondu. For this, put four ounces of best fresh butter in a pan with about a teaspoonful of sait, half a teaspoonful of white pepper, and the juice of half a lemon. Stir this all over the fire with a freshly scalded whoden spoonful the butter is about half meited, when the pan is lifted off the fire and the stirring continued till the butter is perfectly ring continued till the butter is perfectly

FLORENTINE ICE.—Prepare some pistachio cream ree thus: Elisnch, peel, and poind four ounces of pistachio kernels adding a spoonful each of rose water and maraschino to the mass when thoroughly pounded, then slave it. Have ready three-quarters of a pint of rich custard, and work in gradually the pistachio paste; add to this a gill of stiffty whicked and sweetened cream, color with two or three drops of apple green, then freeze to a thick batter. When sufficient stiff line a moid about one lineh to one and one-half inches thick with this cream ice, and fill up with strawberry water ice, cover this with more of the pletachio, and set it is the ice for one and a half to two hours. To turn out, dip the moid in plain cold water, dry the edges, and turn out. For the streathers water is easily the FLORENTINE ICE.-Prepare

In the ice for one and a fail to two hours. To turn out, did the moid is plain cold water, dry the edges, and turn out. For the strawberries in a mortar, adding for each pound of fruit six concess pulverized so gar, the fuice of a lemon, and a drop or two of carmine; still into it three-quarters of a pint of cold water and a gill of maraschino sirup, and again freeze to a batter, using this to fill up the moid.

NOISETTES.—Whisk the whites of three or four eggs to a stiff froth with two or three drops of tabasco, then stir in an ounce of grated parmesan for every egg white, with a little sait and cayenne to taste. Shape this mixture into little balls the size of a nut or small marble, and fry for five minutes in a panful of hot fat till of a crisp, golden brown, drain and serve dusted with grated cheese and coraline pepper.

SOUR CREAM POSSIBILITIES-

In proper combination nothing produces better results than some cream. Sweet milk and belten nowder rarrely bring out cakes and biscuits of new mand delicate texture as may be marwith sour cream or milk with sods. In the following recipes the cream has reached the thickened stage, and the sods, measured with punctiflous care, is stirred into the cream until it is perfectly in solution, the whole a foaming mass. NUT LAYER CAKE Two eggs, one sup granulated sugar, one-half cup rich some cream, two cups flour measured before sifting; one-half teaspoon sods, one level teaspoon buking powder, pinch salt Beat the eggs till whites and yolks are well blended and add sugar. Dissolve the sods in cream, stirring it then into the cggs and sugar. Sift into the mixture the flour, baking powder, and salt, and beat twell together. Bake in three layer cake tins.

FILLING.-One cup pecan or walnut

Whooping Cough in Jamaica.

Mr. J. Riley Bennett, a chemist of Brown's Town, Jamaica, West India Islands, writes: "I cannot speak too highly of Chamberlain's Cough Remedy. It has proved itself to be the best remedy for whooping cough, which is prevalent on this end of the globe. It has never failed to relieve in any case where I have recommended it, and grateful mothers, after using it, are daily thanking me for advising them. This remedy is for sale by all leading

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